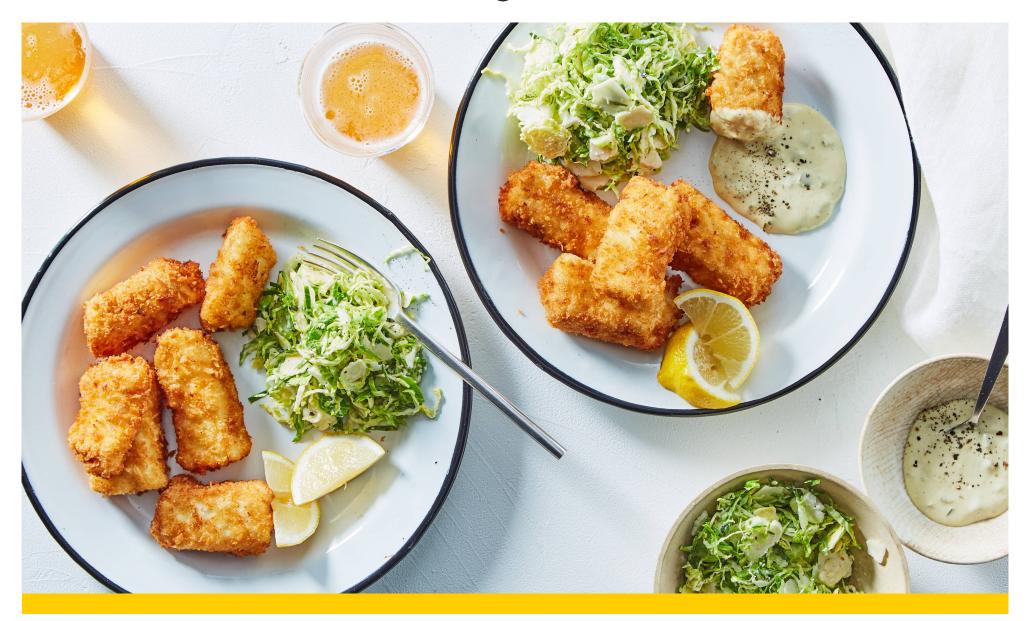
# MARLEY SPOON



# Fish Fry & Brussels Sprouts Caesar Salad

with Spicy Tartar Sauce





Crispy fried cod is often on our minds. And for a good reason, this iconic dish is the perfect balance of crispy, fried goodness and mild, flaky fish. We put our twist on the meal, serving it up with a homemade shaved Brussels sprout Caesar salad and zesty pickled jalapeño tartar sauce. No pub, no problem, this plate ticks all the boxes.

#### What we send

- 1 lemon
- garlic
- 2 oz pickled jalapeños
- ½ lb Brussels sprouts
- 34 oz Parmesan 3
- 2 oz mayonnaise <sup>1,4</sup>
- 10 oz pkg cod filets <sup>2</sup>
- 2 oz panko <sup>5</sup>
- ¼ oz Dijon mustard

### What you need

- · olive oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- 1/4 c all-purpose flour 5
- neutral oil

#### **Tools**

- microplane or grater
- large skillet

#### **Allergens**

Egg (1), Fish (2), Milk (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### Nutrition per serving

Calories 940kcal, Fat 69g, Carbs 45g, Protein 41g



## 1. Prep ingredients

Squeeze **1 tablespoon juice** from half of the lemon into a small bowl, then cut remaining lemon half into wedges. Finely grate **1 large garlic clove**. Finely chop **1½ tablespoons pickled jalapeño**.

Trim **Brussels sprouts**, remove any outer leaves if necessary, then thinly slice crosswise into shreds. Finely grate **Parmesan**.



2. Make salad

In a medium bowl, combine 1 tablespoon mayonnaise (save rest for step 3), 2 teaspoons of the lemon juice, half of the grated garlic, and a pinch each of salt and pepper. Whisk in 1½ tablespoons olive oil.

Add **shredded Brussels sprouts** and **Parmesan** to bowl with dressing; toss to coat.



3. Make tartar sauce

To small bowl with remaining lemon juice, add 1 teaspoon Dijon mustard, remaining mayonnaise and grated garlic, and all of the chopped jalapeños (or less, depending on heat preference); stir to combine. Season to taste with salt and pepper.



4. Prep fish & breading

Pat **fish** dry, pressing out any excess water if necessary, then cut each piece into 3-inch wide strips.

Beat 1 large egg in a shallow bowl with 1 tablespoon water. Fill a resealable plastic bag with ¼ cup flour and season with salt and pepper. Add all of the fish to bag with flour, then seal and toss to coat.



5. Bread fish

Remove **fish** from bag and tap to remove excess **flour**. Add fish to **egg** and turn to coat. Discard flour, then fill the same bag with **panko** and **a pinch each of salt and pepper**. Lift fish from egg, allowing excess to drip back into the bowl, then add fish to bag with panko. Seal bag and toss to coat. Transfer fish to a plate; press to help panko adhere.



6. Fry fish & serve

Heat ¼ cup neutral oil in a large skillet over high. Once hot (a pinch of flour should sizzle vigorously when added to oil), add fish and cook, turning once or twice, until golden brown, crisp, and cooked through, 3–5 minutes. Transfer to a paper towel-lined plate; sprinkle with salt.

Serve **fish** and **Caesar salad** with **tartar sauce** and **lemon wedges** on the side. Enjoy!